



Alaska WIC Encourages Breastfeeding
Breast Milk is the Best Food For Infants

Women who breastfeed their babies and do not get formula from WIC can get extra foods to help them stay healthy during this important time.

Breastfeeding moms get:

- Cereal
- Whole Grains
- Juice
- Beans
- Peanut Butter



And ADDITIONAL:

- Milk
- Cheese
- Eggs
- Canned Fish
- Fruit and Vegetables



These foods provide protein, iron, fiber, calcium, folate, vitamin A and other nutrients to keep breastfeeding women healthy.

EXCLUSIVELY BREASTFED BABIES RECEIVE EXTRA FOOD TOO!

Babies who are exclusively breastfed get:



- Twice as much fruit and vegetable baby food than a formula-fed baby
- Baby food meat

WIC INFANT FORMULA

In rare cases when breastfeeding is not possible, WIC offers infant formulas that meet FDA standards.

BUY: The exact brand, type, size and quantity of formula printed on warrant.

DO NOT BUY: Less than the amount specified on the warrant. No substitutions allowed.

Most Common Formulas Pictured Below
(Other formula allowed in some cases, but only if printed on the warrant)

NOTE: Similac Isomil Advance's name will change to **Similac Sensitive Isomil Soy** around June 2010. Can (powder) sizes will also change to between **12.4-12.6 oz**. This will not affect the number of cans allowed on the warrant.



Similac Advance Early Shield
12.9 oz (or 12.4 oz) powder
13 fl oz concentrate

Similac Isomil Advance
(Similac Sensitive Isomil Soy)
12.9 oz (or 12.4 oz) powder
13 fl oz concentrate



Similac Sensitive
12.9 oz (or 12.6 oz) powder
13 fl oz concentrate

No substitutions of infant formula!

Contact your WIC Clinic to get new warrants if you need to change your baby's formula.

Do not sell, trade, or give away WIC warrants, food or formula for money, credit, rain checks or other items.